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## The Montclarion, February 19, 2015

The Montclarion

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# The Montclarion

The Student Voice of Montclair State University Since 1928



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Volume XCV, Issue 17

Thursday, February 19, 2015

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## 'Kingsman' Delivers Frenetic February Fun

Nicholas Da Silva  
Staff Writer

At one point in *Kingsman: The Secret Service*, the villainous Richmond Valentine (Samuel L. Jackson) asks Kingsman Harry Hart (Colin Firth) if he likes spy movies. "Not the new ones. They're all too serious nowadays," Harry replies.

This dialogue takes place in the villain's home where the two are sharing a meal of McDonald's, which is being served to them by the villain's henchman, a girl with blades for legs.

In spite of their differing ideologies, the one thing that Richmond and Harry have in common is their love of the old-school spy films, where super spies would battle megalomaniacal bad guys with a convoluted plot for world domination.

'Kingsman' continued on Page 15

## Pipes Burst in Freeman Dining Hall



Cold weather caused a pipe to burst in Freeman Dining Hall.

Jayna Gugliucci  
News Editor

With the ongoing prediction of snow and temperatures dropping to record lows in the past few weeks, various operations on campus have begun to

feel its repercussions.

Most recently, on Monday, Feb. 16 at approximately 4:30 p.m., a steam pipe burst in the ceiling of Freeman Dining Hall, leaving a considerable amount of water damage in its wake just outside the dishwashing area.

Top photo courtesy of Mike Peters.

Bottom: Michael Edwards | The Montclarion

According to John Delate, Executive Director of Residence Life, the pipe carries and contains a considerable amount of hot water for the radiators in that part of Freeman Hall and

Pipes continued on Page 3

## MSU Panel Discusses Brown and Garner Cases

Peter Shaver  
Staff Writer

The cases involving Michael Brown in Ferguson, Mo. and Eric Garner of Staten Island have become well-known influences nationally as well as internationally. Yet, the incidents that occurred as well as the legal proceedings that followed still open controversial debate, as was examined Monday night at Montclair State University in a panel entitled "Do Black Lives Matter?"

Massive protests and great opposition have surged across the country and throughout the world in the cases involved with Michael Brown and Eric Garner. These cases, along with many others, have created perspectives that not only draw upon race in the spheres of inequality and gentrification of minorities throughout American history; they have further led to the question of the legal proceedings involved with the indictment process and the question of excessive force

Panel continued on Page 2

## Black HERstory Ball Leaves its Mark



LGBTQ Center hosted event in honor of Black History Month.

Photo courtesy of Brian Edwards, LGBTQ Center.

Theadora Lecour  
Entertainment Editor

The LGBTQ Center celebrated a part of black history otherwise forgotten with its largest event of the month. The timeless glamour of stylized vogue came to life at the free Black HERstory Ball on Friday, Feb. 13. In addition to commemorat-

ing the fashion greats who have inspired icons such as Madonna, the ball was designed to elevate the students of Montclair State who manage to catwalk through life's adversities. Dinner and music was part of the evening.

Fans of *RuPaul's Drag Race*

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## Chapel Hill Vigil Honors Students Lost to Shooting



Students held signs with messages relating to the Chapel Hill shootings.

Photo courtesy of Cindy Meneghin.

Natalie Smyth  
Staff Writer

Zakariya Ranjan, a close friend of Deah Barakat, one of the three Muslim students recently murdered in Chapel Hill, N.C., came to Montclair State University to speak at a vigil held in honor of those students who were shot and killed.

Ranjan moved to North Carolina four years ago and became close with Barakat within a few weeks of arriving at his

new home. In his speech, Ranjan said, "Dia was a very dear friend of mine. When I was so far from home, he made me feel at home. When I didn't have my friends and brothers, he became my friend and my brother. He tried every day of his life to make the world a better place and the people around him better people. He made me a better person."

Barakat was killed along with his wife, Yusor Abu Salha and her sister Razan Abu-Salha, by

neighbor Craig Stephen Hicks. According to the *Washington Post*, the police initially thought the killing was over a parking dispute, but the crime is still being investigated.

Last Thursday, the Montclair Students for Justice in Palestine (MSJP) hosted the vigil for the lives lost in the shooting. The attendees were a diverse group, students, faculty, administration; people of all different rac-

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### Police Blotter

The most recent news involving campus police at Montclair State.

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### Transitioning from Winter to Spring



Opinion, p. 11

### Don't Stay Neutral on Net Neutrality

"We like to think of the Internet as an open space—a creative commons where everyone, provided they have access, can set up a website, a forum, an email address, etc. and have tons of information instantly at their fingertips."

Entertainment, p. 13

### Best Animated Short Film



Sports, p. 19

### UFC Fight Night 60

The UFC visited Colorado in their 60th 'Fight Night' event.



# THE MONTCLARION

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*The Montclarion* willingly corrects its factual errors. If you think there is mistake in a story, please call Editor-in-Chief Catherine at ext. 5230.

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## HERstory: Ball Proves Successful Night for LGBTQ Center and Community

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loved the panel of judges and categories of competition including: Androgyny-Realness, Blackout (Black Attire), Best Butch, Best Femme, Best Runway Walk, Best Lip Synch and Best Vogue. International rap star Cakes da Killa was booked to host the event. He said it was “an honor” to be able to MC at his alma mater.

All of the drag queen and king participants were dressed to the nines and participating students recorded much of the event. Performances included dance routines by the Haitian Student Association dance troupe and the Haus dance group.

Trophy prizes were awarded to any outstanding participants. Everyone was invited and encouraged to join what was sure to be an entertaining evening on campus. “It was amazing,”

said competitor Julian Rosario. “If it were up to me, this would be a monthly event. It brought everyone together.”

The pioneers of drag culture who flourished in the sixties paved the way for the colorful evolution of drag-culture. A screening of *Paris is Burning*, a related documentary about ballroom culture and the revolution was aired the previous Wednesday at 8 p.m. The hundreds of fathers, mothers, sisters and brothers rejected from their families found a safe space among like-minded individuals thanks to a common vogue community.

An entire week of programs was organized in preparation for the event. A vogue workshop was provided and any students interested in expanding their knowledge of black history, drag or meeting others

with similar interests found a fun evening thanks to the center. “Montclair State has never seen anything like this. I hope it becomes an annual event,” said graduate student Ebony Jackson.

The next large program sponsored by the LGBTQ Center will be Divas for Diversity where guests Shannel and Bebe Zahara Benet will perform and meet-and-greet students. Many students were disappointed when the event was postponed due to weather conditions; however, Divas for Diversity is confirmed for March 2.

The LGBTQ Center provides weekly group meetings and discussions for the students and faculty of Montclair State University. For more information or to learn about how you can get involved in the center, visit their portal on HawkSync.



Students expressed themselves at the Ball.

Photos courtesy of Brian Edwards, LGBTQ Center.

## Pelican Police Report



<b>Monday, Feb. 9</b> <b>Freeman Dining Hall:</b> A staff member of food services reported a harassing incident from another food service employee. At this time, the reporting party has declined to pursue charges.	<b>Wednesday, Feb. 11</b> <b>Dickson Hall:</b> Student Adrian Simone, 22, of Glen Ridge, N.J. was arrested and charged with unlawful possession of a weapon. Simone is scheduled to appear in Little Falls Municipal Court.	<b>Sunday, Feb. 15</b> <b>Blanton Hall:</b> Student Jozsue Iriarte, 19, of Elizabeth, N.J. was arrested and charged with possession of marijuana. Iriarte is scheduled to appear in Little Falls Municipal Court.
<b>Tuesday, Feb. 10</b> <b>Overlook Building Parking Lot:</b> Student Jerry Castro, 25, of North Bergen, N.J. was arrested and charged with possession of marijuana. Castro is scheduled to appear in Little Falls Municipal Court.	<b>Thursday, Feb. 12</b> <b>Student Center C-Store:</b> A student reported a forgery incident. This case is under investigation.	<b>Sunday, Feb. 15</b> <b>Bohn Hall:</b> Students Christopher Keenan, 19, of East Hanover, N.J., Kevin Doherty, 18, of West Borough, Mass., Robert Orangeo, 20, of Florham Park, N.J. and Christopher Joyce, 18, of Florham Park, N.J. were charged with underage possession of alcohol. All parties are scheduled to appear in Clifton Municipal Court.
<b>Tuesday, Feb. 10</b> <b>Stone Hall:</b> Two students reported an incident of fraudulent checks. This case is under investigation.	<b>Thursday, Feb. 12</b> <b>Gibson Hall:</b> A student reported a harassment incident from an unknown individual. This case is under investigation.	<b>Monday, Feb. 16</b> <b>Floyd Hall Arena:</b> A staff member of the arena reported a criminal trespassing and criminal mischief incident. This case is under investigation.
<b>Wednesday, Feb. 11</b> <b>College Hall:</b> A student reported a theft incident. This case is under investigation.	<b>Thursday, Feb. 12</b> <b>Whitman Hall:</b> Student Jason Stadtmuer, 21, of Metuchen, N.J. was arrested and charged with possession of marijuana. Stadtmuer is scheduled to appear in Little Falls Municipal Court.	

Anyone who has information regarding these incidents is urged to call the police station at T-I-P-S (8477).  
All calls are strictly confidential.



# Pipes: Cold Weather Causes Water Damage

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Freeman Dining Hall reopened on Tuesday at 10 a.m. after closing the night before.

Photo courtesy of Mike Peters.

therefore caused a great deal of water to quickly enter the dining area.

In response, an orderly evacuation of the dining area was conducted for the sake of all present at the time of the incident; both University Police and Fire Safety arrived at the scene to ensure the safety and well-being of those individuals.

To begin cleaning up, the Chartwells Dining Team pushed the fallen water towards a floor drain in the dishwashing area; soon after, the housekeeping staff arrived to assist with their efforts to remove the water from the dining area.

At the same time, the Facilities crew turned off the water to the building and began to repair the leak itself. A University electrician was called to the site to check all electronic appliances, lights and outlets.

According to Delate, while these repairs took place, the water shutdown affected the residents of Freeman Hall for a brief period of time; the water

flowing to the building had to be turned off for plumbing repairs. Within a few hours, the system was fully operational.

Though the remains of damage are still present at the site of the incident, by 9:30 p.m., the dining area was restored to its original condition.

Students and residents were unable to eat at Freeman Dining Hall while the cleaning and initial repairs were being made. In the meantime, for those looking to eat dinner at the dining hall that night, Transportation Services quickly provided a shuttle service that ran in a loop from Red Hawk Deck to Sam’s Place.

Residence Life also ordered around 250 slices of pizza, which were located in the Freeman Hall Lobby for the enjoyment of residents; similarly, Chartwells provided a continental breakfast in the same location the following morning.

After a thorough disinfection by Housekeeping staff members during this time, the Chartwells staff completed a

final walkthrough to ensure the proper cleanup and working order of the dining hall before reopening on Tuesday, Feb. 18, at 10:00 a.m.

“While Freeman is back up and running, thanks to the incredible teamwork of the Facilities, Chartwells and Residents Life staffs, as well as the residents’ cooperation, we must all be diligently monitoring our areas,” said Delate. “[As] the extremely cold temperatures have impacted pipes on campus as well as throughout the region, we continually monitor the heating system across campus and the Facilities staffs are ready to respond to any issues 24 hours a day.”

For this reason, students as well as residents with any concerns are encouraged to contact Residence Life or Dining Services to ensure the issue is addressed as soon as possible in order to prevent situations such as these.

# Panel: ‘Do Black Lives Matter?’ Draws Attention of Students on Campus

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used by police.

Investigations of shootings between 1999 and 2014 revealed that out of 179 fatal shootings, three indictments resulted. Of these shootings, 86% were black victims and there was one recorded conviction.

“Prosecutors were burying these cases instead of pursuing them or trying to determine if they were justifiable,” according to Dr. Francesca Laguardia of the Justice Studies Department. Both cases concerning Brown and Garner provided substantial evidence and grey areas that brought many to believe that indictments were necessary.

In polls taken by *CBS News* of blacks and whites combined, 41 percent of participants were disappointed or angered by the grand jury’s decision in the conclusion of the Brown case. After the grand jury decision for the Eric Garner case, 54 percent of participants were disappointed or angered.

The training of officers has been a huge issue among many people; issues involved with excessive force and improper arrests in the Garner case and in the Brown case, excessive force, specifically involved with Officer Darren Wilson deploying his firearm. Many blamed the lack of training of these officers for the results of both the encounters at hand.

“I think that the training has to be ongoing,” said Montclair State University Police Department Lieutenant Barrett. The Detective continued by informing that the training provides the confidence that lacks for certain officers in their abilities.

Frequent discussion concentrates on the image that police officers create. Whether interpretations involve people psychologically fearing officials or officers creating an intimidating attitude, many people continue to have an increased distrust in law enforcement officers.

“Oh hey, we are here to protect you, but take the wrong step and I am not only willing to, but I have all of the gear to harm you and a very lethal weapon” said Dr. Calvin John Smiley of the Justice Studies Department.

In a poll conducted by *CBS*, 43 percent of African Americans feel anxious when they are dealing with law enforcement officers.

“I believe that the stories that are given are fabricated and changed by the media,” said Adrianna Velez, a Dance and Psychology Major. “I do believe that officers do use excessive force, but we never get the actual story,” Velez concluded.

“If the person you are apprehending is verbally or physically expressing they are dying or being injured severely, officers should know from their training when excessive force is being used,” said Will Ervin, a Dance major.

The event was sponsored by the Justice Studies Department and co-sponsored by the Montclair State University Police Department, the NAACP-MSU Chapter and the Justice Studies Club.

Any information on their future events or any other information can be found at [montclair.edu](http://montclair.edu).

# Vigil: Campus Remembers Peers, Friends and Family

Continued from page 1



Students attended vigil despite cold in honor of those who have passed.

Photo courtesy of Cindy Meneghin.

es and religions. Some held up different posters and signs with statements such as “All Lives Matter,” “When will the violence end?” and several Muslim students had signs that said “It could have been me.”

Many people spoke in outrage about how the media portrayed the shooting. MSU Alumni Mohammad, who declined to give his last name, stated, “Who has ever heard of someone shooting three people over parking? In what world is that the logical explanation for three innocent people to get shot in the head? This is ridiculous. These three bright students were targeted because of their religion and the media refuses to accept it.”

While this aspect of the case is still open for debate in the media, among the groups who gathered to mourn, everyone appeared to agree with this view. The vigil was filled with tears and passionate speeches, but the message of hope and love still prevailed.

“This was a terrible crime, a tragic act of hate,” said student

Khadijah Danielian. “But, to move forward and grow, we cannot respond with hate. We must respond with love. Love is what will make the world a better place.”

The vigil started at 4 p.m. as students spoke for around an hour when Ranjan gave his speech. “Deah was a pacifist, completely against violence and one of the most mellow-tempered people I knew,” he recalled. “Honestly, I feel like the world was robbed of an incredible person and things will never be the same. However, I believe that out of his death, good things will come. Everything happens for a reason, even if it’s beyond our comprehension right now.”

The members of MSJP passed out candles to the students attending the vigil and lit them at sunset, at 5:16 p.m. It was one of the coldest days of the year, but the students stayed for the whole vigil, with their numb hands and frozen noses, to honor the lost lives properly.

# The Montclarion

“In America, the President reigns for four years, but Journalism governs forever.” – Oscar Wilde

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# Feature

# Transitioning from Winter to Spring

Kristen Bryfogle  
Opinion Editor

They say that March comes in like a lion and out like a lamb, but we all know that at Montclair State, the lamb often doesn't arrive until long after the start of spring. With temperatures barely breaking 20 degrees over the past two weeks, it looks like we still have a lot of cold weather left, but most stores are already featuring spring styles. There are many ways that you can incorporate spring trends with some warmer clothing so that you can dress for the upcoming season while still staying warm and comfortable in the transition from winter to spring. If you follow these tips, you can conquer the cold and embrace your inner flower-power queen, even if the weather is working against you.



Photo Courtesy of Flickr.com, User: Lidi Moura

### Swap out high and fluffy winter boots.

When the temperature rises a bit, you can pack away your knee-high and lined boots and start wearing lighter footwear—both in color and weight. Instead of wearing a high-boot, you can slip on a pair of light-colored booties to brighten your look or, my personal favorite, some Oxfords. These classic shoes are perfect for a casual look with jeans and can be dressed up for work with your favorite dress and blazer. Oxfords come in all colors, so you can choose a cream or light brown for a staple shoe that matches with everything or you can pick up one with a bold pattern, such as a floral or polka dots, to make a statement with your shoe selection. Another great way to lighten up a look is to pick up a pair of eyelet tennis shoes. Keds and Payless sell great eyelet sneakers that you can wear with basically any casual outfit, bringing a splash of spring fever into your cozy appearance.



Photo Courtesy of Flickr.com, User: Melissa Lim



Photo Courtesy of Flickr.com, User: Jeanna

### Mix and match winter and spring pieces with bright colors and patterns.

In *The Devil Wears Prada*, Miranda Priestly famously disses the trend of florals for spring, but let's be honest; spring is the season for flowers, both in gardens and in your clothing. Most stores stock up on floral patterns as spring approaches, so you can always pick up a floral blouse in chiffon or polyester and pair it with a wool cardigan and skinny jeans for a bright and springy look. You can also dress in a neutral top and a floral bottom, such as a floral print trouser or floral skater skirt with tights. Pair either of these with a collared button down, layered with a sweater and you'll be sure to keep out the Montclair State wind while staying up on the trends. If you're not into florals, pick out a bold-colored denim or trouser to brighten your look from the popular blacks, greys and browns of winter fashion. Old Navy pixie pants are a great option. They come in a large span of sizes, colors and lengths and can be dressed up for work and down for a weekend hangout. Pairing one of these with a winter go-to—a dark sweater or bottom—can mix cold-weather fashion with spring staples, easing the transition to lighter-weight clothing.



Photo Courtesy of Wikipedia.co

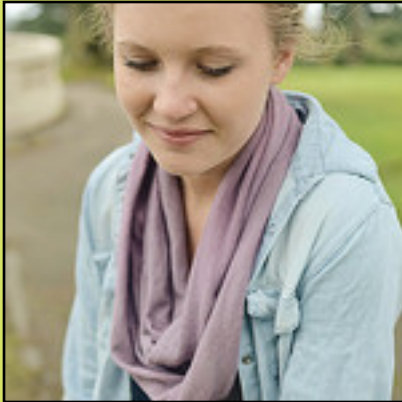


Photo Courtesy of Flickr.com, User: Drew Herron

### Wear heavier clothing with a lighter jacket.

Late winter/early spring is one of those times of the year when it's cold enough to wear a heavy winter coat, but bundling up seems a bit excessive. My suggestion in this case is to bundle up underneath your coat; wear an undershirt, a sweater and a pair of jeans or a sweater dress to keep toasty. Then, throw on a denim, leather or another type of lightweight jacket. This can help you avoid looking overdressed while keeping yourself warm enough to fight getting sick in the middle of the semester.

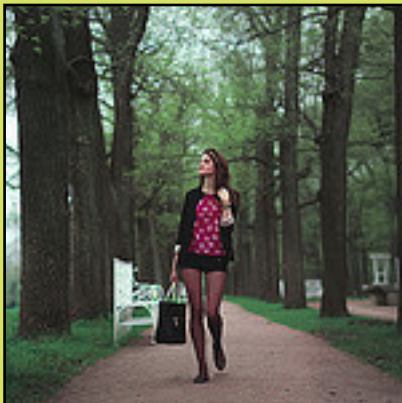


Photo Courtesy of Flickr.com, User: Dmitry Saynov

### Wear a pair of tights under your jeans.

It sounds uncomfortable and unflattering, but wearing a lightweight footless tight under your favorite pair of skinny jeans can be a life saver in cold weather. It will keep you warm on especially cold days and when the weather lightens up, you can wear the tights with a skirt, shirt, or with a pair of wool, tweed or leather shorts.



Photo Courtesy of Flickr.com, User: ElizabethHudy

### Pick the right accessories and style your look according to the weather.

Replace your heavy wool scarf with a lighter-weight fashion scarf in a floral pattern or bright color to complement your outfit for the winter while still staying warm. You can also wear some soft pastel-colored statement necklaces or dangling earrings to break up winter's dark color patterns. Hair and make-up can also give the illusion of being ready for spring although you are still dressing warmly. Getting warm highlights, weaving your hair into a braided hairstyle and coaxing your locks into big beachy waves can definitely help your carefree springtime look. Additionally, experimenting with pastel makeup can always give your favorite warmer clothing a uniquely springy flair and using lighter pinks and peaches in your palette can lighten the severity of the winter months.



Photo Courtesy of Flickr.com, User: minxjl



# Most Important Meal of the Day

## *Skipping breakfast means skipping critical health benefits*

**James Carpentier**  
Staff Writer

If you’re routinely making a fast break out the door each morning en route to class, the gym or the office without first consuming the day’s most important meal breakfast, consider these powerful eye-opening health benefits derived from “breaking the fast,” or going several hours without food and water during overnight sleep. You’ll see why it’s called the most important meal of the day.

Missing breakfast is like driving a car with no fuel. Your brain, muscles and stomach are starving for nutrients and fluids after an overnight fast during sleep mode. You awaken slightly dehydrated and with low blood sugar; two issues that need immediate attention for optimal mental and physical performance in the classroom, on the job or for sports practices and exercise.



Photo courtesy of Wikipedia.org

Consuming a couple of glasses of water, milk or tea, coffee and water-based fruits and veggies are hydrating. Awaken with common back stiffness? Dehydration along the spinal discs can cause strain in the back. That’s another reason to start your day with some nourishing fluids to not only rehydrate, but also to help erase typical back stiffness.

Breakfast eaters resist colds and flu. Begin the day with nutritious beverages high in disease-fighting antioxidants such as water mixed with vitamin C-rich lemon or lime slices or lemon/lime juice, black or green tea, coffee and milk. There’s also immune system-boosting foods comprising muscle-building protein (eggs, yogurt, cheese), heart-healthy fats (nuts and seeds or nut but-

ters) and vitamin and mineral-rich energizing complex carbohydrates (e.g. oatmeal, fresh or dried fruits, whole grain cereal or toast). They provide a great defense against cold and flu germs when you get to class or work.

Breakfast eaters efficiently burn fat and maintain weight and muscle. Regularly consuming a complete breakfast containing some of the above-mentioned foods and beverages effectively promotes fat-burning metabolism throughout the day. It also helps maintain weight and enhance muscle and joint recovery from sports and intense exercise compared to those who avoid breakfast.

Breakfast consumers are also typically leaner because a filling nutritious breakfast satisfies hunger longer so they’re

less likely to overeat at lunch and dinner. Also, it’s easier to burn calories earlier in the day from a larger meal than having a late-day large meal.

Now common excuses for missing breakfast most often are oversleeping or not having-enough time to eat. These are ordinary excuses and reasons to either omit breakfast or resort to a grab-and-go with a less-than-wholesome portable sugary energy or protein bar. While these handy bars are better than heading off to class or work on an empty stomach, prepare the following nutritious convenient and portable foods/beverages in advance when unexpected scenarios compromise a healthy breakfast.

Make a fruit and protein-rich smoothie before bed-

time and refrigerate overnight. Blend milk or yogurt with some fresh or dried fruit (e.g. banana, berries or raisins) and crushed nuts or seeds for a ready-to-go breakfast smoothie on your way to class or work.

Make other portable and handy foods over the weekend for quick breakfasts. Make a bunch of hard-boiled eggs and refrigerate for the week ahead. Place a bunch of nuts, seeds and dried fruit in a large plastic bag (your own trail mix); fill some sandwich bags with string cheese, veggie sticks (carrots and celery) and nuts or seeds. These pre-made foods can be combined and placed in brown bags in the fridge for the week when you need breakfast in a hurry. Grab a bag with a water bottle or cup of coffee or tea and you have a no-fuss convenient and healthy breakfast.



Photo courtesy of Wikipedia.org



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for more information.

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Contact Wendy Gilbert-Simon, simonw@mail.montclair.edu  
for more information.

<http://www.montclair.edu/global-education/study-abroad/>



# Drink Your Fruits and Veggies

Kimberly Asman  
Staff Writer

For busy students, it can be difficult to get your recommended servings of fruits and vegetables every day. Men and women aging between 19-30 years old need about two cups of fruit a day and about two-and-a-half to three cups of vegetables. For some people, these may not seem like a lot compared to how much they eat, but for a lot of people, these may sound like unattainable goals. Perhaps it is easier for some to consume this much produce in the spring or summer when their favorites are in season, but it is important to include these foods throughout the year.

Vegetables and fruits give you huge doses of vitamins and minerals, including lots of fiber to help keep your digestive system running smoothly. Thanks to the fiber and to a high water content, these foods fill you up quickly and keep you fuller longer, helping you to stay on track and avoid getting too hungry.

A great way to include some extra fruits and vegetables every day without making it feel like a chore is to make a smoothie. Smoothies are easy to make, convenient, tasty and great for taking on the go (to those early 8:30 a.m. classes, for example). Not limited to breakfast, these can also make a great compliment to a small meal, or a satisfying snack.

The key is to keep everything healthy and get the most out of your smoothie. Keep in mind that you don't need a fancy blender to make a smoothie.

There are plenty of cheap mini-blenders that double as a cup and are perfect for a single serving. These won't take up much room and are a great addition to a dorm room where you also have a mini-fridge to store your ingredients.

When making a smoothie, start with a good base. This can vary depending on what you are looking for or any dietary restrictions. If you want a creamy base with extra protein, go for plain Greek yogurt. Plain yogurt may not appeal to you on its own, but it is great in a smoothie because you will be adding lots of other things that will mask the sour taste.

This will also cut you back on sugar, which you will get from the fruit you add in. If you want to focus on the produce and cut back on the calories, stick to unsweetened almond milk. While this is not a good source of protein, it is low calorie. You could also try low-fat or fat-free milk to provide some protein and calcium.

Soy milk is a good option for vegans or vegetarians because it usually is fortified with great nutrients such as calcium and riboflavin, while still having a good amount of protein. Your target when choosing a milk should be around 8-10 grams of protein per each one cup serving. Of course, water is always an option too if you are not looking for a creamy texture and simply want something to make it more drinkable.

Now it's time for the fun stuff: the fruits and veggies you are going to add in. You may want to have a theme in your smoothie such as all berries or you may simply add in whatever extra produce you

have lying around. Usually, you can't go wrong. Be sure to include at least one or two fruits because that is what will give your smoothie sweetness and make it yummy. Once you have this, do not be afraid to throw in some vegetables. The fruit will probably mask the taste of the veggies, so you will be getting nutrients without any tastes you may not prefer.

Dark leafy greens, such as spinach or kale, is a great way to add in iron to your smoothie. Avocado is another good way to get a creamy texture and heart healthy fats. If you have some greens or any fruits that are going bad, such as bananas, try freezing them. This will prevent them from spoiling and frozen fruit is great for smoothies; it adds taste and nutrients and acts like an ice cube, giving your smoothie a thicker texture.

If you want some extra nutrients, try adding some ground flax seed or chia seeds to give yourself some healthy fatty acids. If you want a heavier drink, think about adding peanut butter. While full of fat, it is the good kind (unsaturated) and a tablespoon or two will definitely add a lot of taste to your smoothie if you are a peanut butter fan.

You can also add cinnamon or other spices if you want to boost the flavor of your smoothie. Every smoothie may come out a bit differently; experiment and play around until you find combinations you know you love and can always rely on for a quick and healthy meal or snack.



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Seeking reliable morning help / driver in Glen Ridge for 3 children starting Jan 2015. Mon.-Fri., hours 7:00-9:00 A.M. Help with dressing, breakfast, school / day-care drop off. Must hold valid drivers license & use our vehicle. Email michellefertig@gmail.com with resume/experience.

Seeking reliable, driving babysitter in Livingston for two young girls starting Jan 2015. Mon/Tues/Wed. Hours 2-5:30P.M. Must hold valid drivers' license & pick up children in your vehicle. Email Livingstonfamily2013@gmail.com with resume/experience.

\$15 per hour occasional sitter needed for 8 year old girl and 6 year old boy in Montclair. As needed/as available position. Most hours will be weekday afternoons. Must have a car, be responsive and responsible. Email ecroarkin@hotmail.com

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P/T Afternoon nanny in Montclair for one sweet little boy age 10 months. Call Brooke at (631) 327-5513.

P/T after-school childcare needed Mon.-Fri., 2:50-6:20 P.M. for 9 and 11 year olds in Mountain Lakes. Prepare snack and dinner and help with homework. Must drive. Contact Jane (901) 487-4999 or email Janemhouston@gmail.com

Seeking a loving and energetic babysitter for our two daughters (3 & 8 months old) in our home in New Providence, NJ approximately 10 hours a week with the opportunity for more hours in the future. We definitely need someone on Thursdays from approximately 3-6:30 P.M., but other hours are flexible based on course schedules. Email priya1006@gmail.com.

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P/T childcare for Montclair family (near MSU) for kids 9 & 12. Three days per week 3:00-6:30 P.M. Need a car for driving to activities. Light meals and homework help. Email Monika at monica.minore@verizon.net.

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CSI: Family Dinner  
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Japan Club: Haiku Workshop and Open Mic Night  
Thursday, Feb. 19  
7:00 PM, SC Rathskeller

Video Production Club: Oscar Party  
Sunday, Feb. 22  
6:00 PM, SC Rathskeller

Hillel: Karaoke Night  
Thursday, Feb. 19  
7:00 PM, SC 419

CSPS: Game Night  
Monday, Feb. 23  
6:00 PM, SC Rathskeller

Haitian Student Association: Soul-full Saturday  
Saturday, Feb. 21  
12:00 PM, SC Cafe BC

Global Medical Brigades: Empanada Sale  
Tuesday, Feb. 24  
12:00 PM, DI Lobby

hYp3notic: Open Mic Night  
Saturday, Feb. 21  
7:30 PM, SC 419

MSU's Best Dance Crew  
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Snow  
By Joe Stansbury



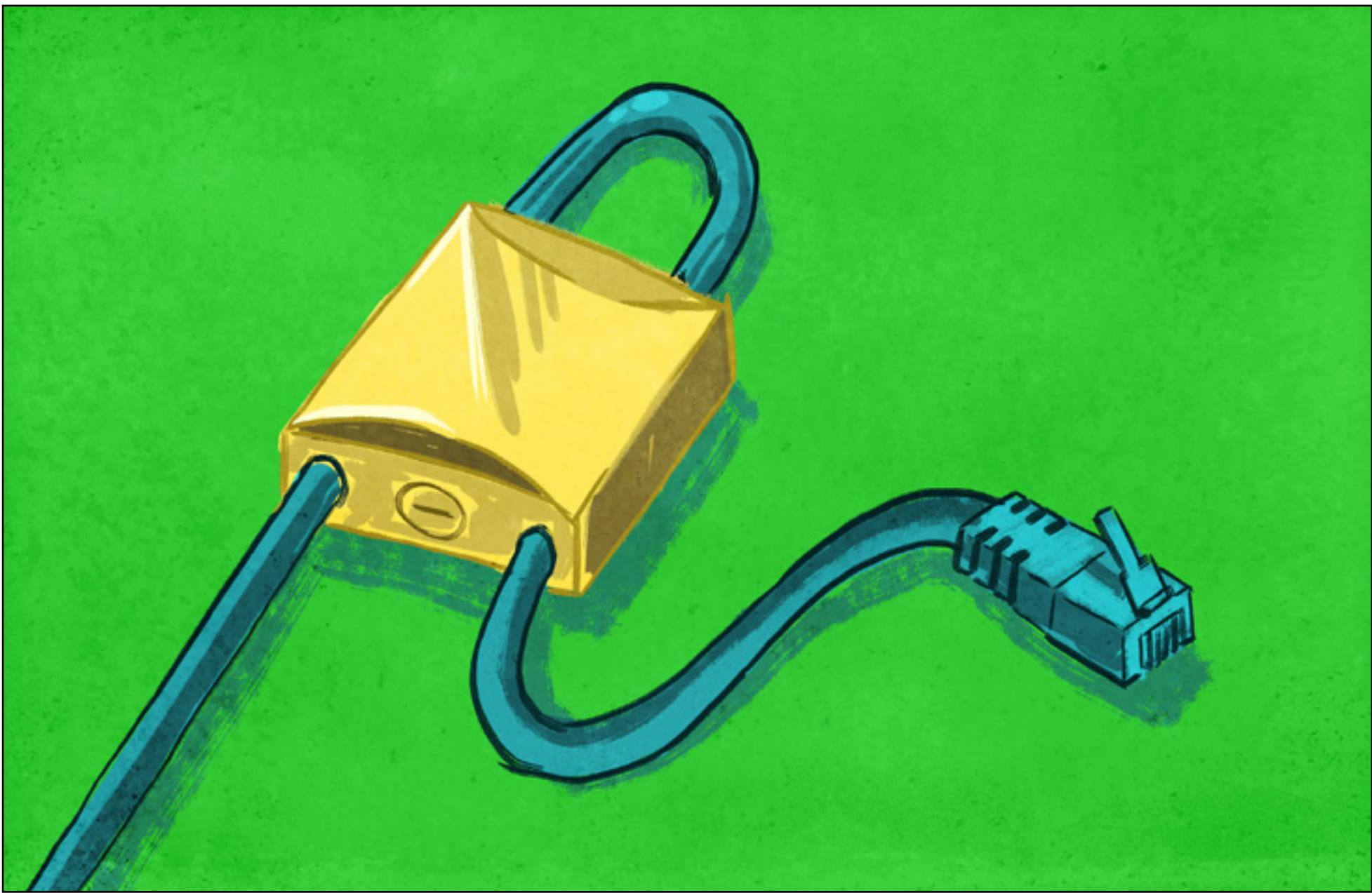
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Don't Stay Neutral on Net Neutrality



Christian Ray Blaza | The Montclarion

We like to think of the Internet as an open space—a creative commons where everyone, provided they have access, can set up a website, a forum, an email address, etc. and have tons of information instantly at their fingertips. While this may be the concept of the Internet we all know and love, all of this could change on Feb. 26, when the United States Federal Communication Commission makes a formal decision about the future of the Internet.

In just one week, the FCC will vote on net neutrality, either keeping a free Internet alive and well or limiting the way that we use the web by allowing Internet providers like

Comcast and Verizon to have a significantly tighter control over what we see on our screens and how we access it.

What exactly is at stake in net neutrality? Internet providers will be able to make exclusive deals with companies like Netflix, Facebook and Youtube to provide faster service. Say that Comcast strikes a deal with Netflix. If you have a Verizon Internet connection, Netflix will stream at a lower speed because of its loyalty to Comcast. This makes it extremely easy for big companies like Comcast and Verizon to create a monopoly, making it nigh-impossible for smaller Internet providers to stay in business.

With the reins loosened,

companies can now also charge higher and higher fees for faster Internet service because there will likely be no competition to provide any other kind of service. There are concerns that the elimination of net neutrality will also impede innovation because of a lack of competition.

The possibility of losing net neutrality is extremely detrimental to everyday life. Not only will an Internet service monopoly hinder using the web for leisure, but work, commerce and research will also be impacted. So much of our lives is dependent on Internet access, so blocking people from using services efficiently unless they have enough money to pay for faster Internet is an essentially

classist form of Internet.

Issues of net neutrality have been around for years, but now is one of the most important times to take a stand against eliminating neutrality. The FCC is voting next week, and are currently offering an open forum where citizens can weigh in on the situation, argue for and against net neutrality and air their grievances.

It takes just a few seconds to send a comment or letter to the FCC. Online comments can be submitted at [fcc.gov/comments](http://fcc.gov/comments). A really easy way to let the FCC know that you stand for a free Internet is to go onto a pro-neutrality organization's website and fill out your information on one of their pre-

formatted letters. Fight for the Future has such submission options and also sends updates on the campaign for an open Internet and basic information about the issue.

No one should be prevented from using the Internet because of a service monopoly or because soaring prices make it impossible for them to fill out job applications, contact friends and family via email and social media, research a subject or even just to watch cat videos on YouTube. We urge you to take a stand and use your voice to speak out to the FCC. Make it clear that we want our Internet to be open to all, not to those who can afford to access all it has to offer.



Thumbs Up

Buzzfeed gets Obama to say "Thanks Obama!"

Toy Manchester Terrier jumps into box at Westminster Dog Show

Mardi Gras

Thumbs Down



Russia and Ukraine cease-fire delayed

ISIS kills Christian Egyptians

Fifty Shades of Grey



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Question of the Week:

After weeks worth of snow, what are you most looking forward to this spring?

"Shorts because I don't like wearing heavy clothes. "

-Giany Salinas,  
Biology,  
Senior

"Nice weather."

-Brian Gutierrez,  
Biology,  
Senior

"I'm excited for graduation. I'll finally be done with school and start my career in the warm weather. "

-Sam Kachler,  
Communications Studies,  
Senior

"Just the leaves and the flowers and everything coming back and just being able to sit outside in the warmth."

-Courtney Moglia,  
Psychology and Justice  
Studies ,  
Senior

"To actually go out. I'm the type of person who likes to go out and walk around and the snow prevents me from doing that. I'm excited to be able to walk on a sidewalk and not be worried about falling."

-Elsie Figueroa,  
English,  
Junior



# Finding the Real You in the Internet Age

*Overstimulation causes us to lose touch with who we really are*



AALIYAH BOWEN  
COLUMNIST

Being the real you is hard. One may ask, “How could that be?” Rest assured; there are a few factors that make up our “fake” selves. I want to focus on the biggest contributor: our over-stimulating society.

By that, I’m referring to the likelihood that you’re probably texting in between reading this article or about to completely push the newspaper to the side so that you can update Facebook or Instagram.

With so much access to other people who we desire to be, we become completely vulnerable to having our livelihood, dreams, bodies, essentially our entire existences dived into.

Our lives can then be sold,

copied, pasted or relived in a completely different part of the world or maybe even right next door.

The idea is riveting that one’s nimble fingers have the ability to transform their mindset, circumstances and physical appearance into something else entirely foreign from the selves we were born with.

Let’s give a round of applause to the billboards, advertisements, television shows, cell phones, websites and all the like that comprise “the over-stimulators” of society. They all take away from our organic human qualities and actions, such as holding conversation, attraction beyond superficial means, collective consciousness and unity.

Moreover, it is because we live in a consumer society that we ourselves become consumed as well. We are selling and buying ourselves. Essentially, ev-

erything on the market is a reflection of humanity in one way or another.

For example, we find ourselves inspired to draw and sell a portrait after seeing an attractive person on the bus and we decide to incorporate a certain piece we see in an advertisement in our own outfits.

We’re always racing to be what we see and desire to be, so I pose the question again: are you truly being the real you? Or are you being someone that is almost entirely influenced and coerced by people, identities and ideas outside of yourself?

Contrary to belief, there are ways to restore and heal the dormant parts of our personalities that will awaken us to who we innately are. To clarify, there are practices, beliefs and rituals that can be done to get back to one’s roots.

Given the times, YouTube is practically everyone’s go-to af-

ter Google. On YouTube, visit the homepages of holistic healers and spiritual teachers who give guidance on stress relief, meditation, calming the mind and reaffirming personal power or voice.

Teachers such as Ester Hicks, Abraham Hicks or Paul Santisi are great to start with. Yoga, meditation, positive affirmations, chanting and aromather-

apy can also help to expel the excess energy and release the negativity that clouds one’s morality and judgments.

With that, clear the cloudiness on your mirror and reveal the real you.

*Aaliyah Bowen, a student at Montclair State University, is in her first year as a columnist for The Montclarion.*



# Gene Alday Shows His True Colors

*Mississippi Representative’s racist comments are unacceptable*



EMILY ROVNER  
ASST. OPINION  
EDITOR

Apparently, making a racist comment off the record does not make one a racist. This is made clear when *The Clarion-Ledger* reported on Mississippi’s state representative Gene Alday’s position on a bill for increased funding for a literacy program.

Alday informed *The Clarion-Ledger* that he would not support this measure. This is quite

a disappointment; it was found in 2003 that at least 15 percent of Mississippi’s adults are illiterate.

However, what was more disappointing was Gene Alday’s reasoning.

He said that he comes “from a town where all the blacks are getting food stamps and what [he] call[s] ‘welfare crazy checks.’ They don’t work.”

After this was published in *The Clarion-Ledger*, Alday responded that the writer, Jerry Mitchell, had taken his words out of context and had used his words when he was under the

impression he was off the record.

Alday also said he is “definitely not a racist.” However, Alday never denied his racist comments.

Gene Alday must be a truly ignorant individual to make those comments. First of all, one cannot simply lump every single person of a group under one title. It is unlikely that 100 percent of African Americans receive social services.

While African Americans may receive food stamps and welfare in Mississippi, so do many Latinos and Caucasians,

seeing as nearly a quarter of the population of Mississippi fall below the poverty line.

Also, since many Mississippians are uneducated, they have a hard time finding a job that allows them to support themselves and their families, especially in today’s economy.

People are not working because they are lazy; people are not working because there is nowhere to work. Ironically, supporting increased funding for literacy programs would help with these problems in the future.

Alday said he “didn’t do

anything wrong,” but it is fairly clear that he did. Unfortunately, this man was elected to office by his community. It is terrible that these people were completely unaware of who they were really voting for.

On a positive note, he will probably never be elected again as other members of his own party renounce him and his community of Desoto County.

*Emily Rovner, a Television and Digital Media major, is in her first year as the Assistant Opinion Editor for The Montclarion.*

# Holy Guacamole, Jack White!

*Rock star combats his diva status, proving that he is, in fact, a diva*



KRISTEN  
BRYFOGLE  
OPINION EDITOR

Jack White has been famous for years for his singular vocal style, screaming and mending guitar riffs and his unique style of rock music. Now, the man behind The White Stripes and The Raconteurs is making headlines again, not for his music, but for an incident summarized in popular media as “Guac-gate.”

White played a show at the University of Oklahoma on Feb. 2, but a few days before he took the stage, the university’s newspaper, *The Oklahoma Daily*, published an article highlighting some of the specific and strange requests in White’s contract with the institution. The paper especially highlighted the meticulous instructions on how to prepare the guacamole for backstage, but featured other “gems” like the stipulation that

the show had to be “banana-free” and that there had to be a certain number of end tables in the dressing room with table-lamps only – no fluorescent lighting.

The paper also divulged that the University gave White \$80,000 in exchange for his performance, a hefty price for one night of entertainment, although White is a major rock star, making the price tag more acceptable.

After *The Oklahoma Daily* published this exposé on the diva-esque demands of White’s crew, he and his team released several responses, the longest and most detailed of which was a statement from White himself. He set the record straight about the guacamole recipe, a joke of his stage manager, and the banana-free statute, inserted because someone on the tour has an allergy. But, White made a few harsher comments about the paper’s coverage of the event and his contract.

In this open letter, White made it clear that he did not

even see the contract, verifying his innocence. He furthermore asked, “Am I pissed at the students at Oklahoma university? absolutely not. am i disappointed in young journalists at their school paper? absolutely....look for the truth, not fake drama. i got pissed during my show and berated the crowd? no. sorry, didn’t happen. i made jokes about the paper publishing that info, so which of us is thin skinned? they have freedom of speech but i don’t? at my show?”

While I understand where White is coming from, the major objective of a college newspaper is to cover events and issues that directly affect the lives of college students. Therefore, White’s claim that the paper is covering something that doesn’t really matter demonstrates his ignorance of a college newspaper’s function.

Additionally, White’s disappointment in the student journalists was largely unfounded. Commenting on the conflict, *The Oklahoma Daily’s* Assistant

Arts and Life editor wrote, “[White’s] contract wasn’t something we leaked. It is public information that any of you could request. Many newspapers show contracts of celebrities that come into town; this isn’t something *The Daily* did that’s out of the ordinary. It’s not a hidden document, and it’s not something we had to dig to get. It is available to the public.” The publication was not underhanded or practicing “bad journalism” when they decided to publish the document.

On the contrary, *The Oklahoma Daily* was right in reporting the injustices that they saw in White’s contract, as part of a journalist’s job is to inform the public of issues that are largely unknown, especially when those issues directly affect them. Since the school was spending a large chunk of money on this show, it’s safe to say that the contract with Jack White did have an impact on student life at the University of Oklahoma.

If White is going to stress his own freedom of speech in criti-

cizing the paper on stage for their coverage, then he has to accept that the newspaper has the same right of freedom of the press as long as they don’t libel and slander White’s name and character. In this case, White may have been trying to point out that *The Oklahoma Daily* overreacted, but in doing this, he really just demonstrated his own overreaction.

His *ad hominem* attacks on the newspaper’s journalistic integrity, which was completely justified, shows how ill-informed he is on what a college newspaper should be. White, if you wanted to sweep this under the rug, sorry, but it looks like you just drew more attention to yourself, fulfilling popular media’s accusations that you may be a bit of a *prima donna*.

*Kristen Bryfogle, a Classics and English major, is in her first year as the Opinion Editor for The Montclarion.*

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Main editorials appear on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not necessarily reflect the opinions of *The Montclarion* staff.



Power-ranking the Oscar nominees for

# Best Animated Short Film

Nicholas Taylor  
Chief Copy Editor

I did not have a date on Valentine’s Day, but I did have a few personal connections that allowed me to attend an Academy-supervised screening of all of the short feature nominees for the Oscars this Sunday. I was unable to stay the whole afternoon because of work, but I did get to see all five animated films as well as three live-action films. As a sucker for cuteness and aesthetics, I nearly cried during one of the animated features and laughed at the other four.



Photo courtesy of Wikipedia.org

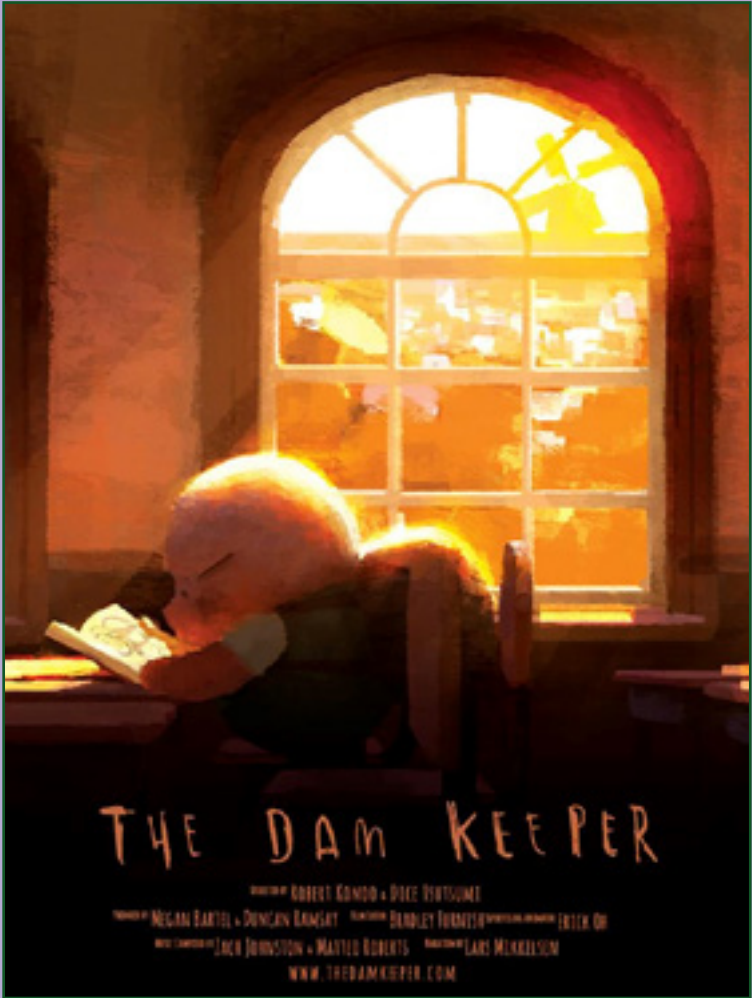


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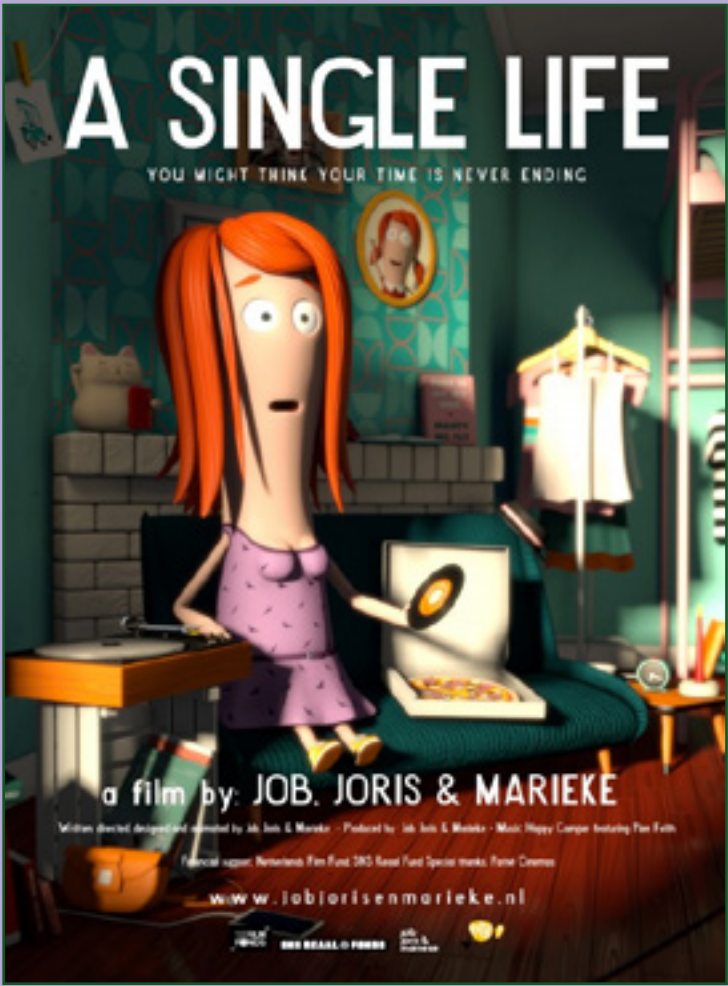


Photo courtesy of Wikipedia.org

## #1 - ‘The Dam Keeper’

Yes, this was the one that brought a tear to my eye. *The Dam Keeper* is the story of an anthropomorphic orphan pig that operates a windmill at the top of a dam to keep a recurring storm of black smoke out of the town. Though the pig is dedicated to his craft, his classmates, who are all humanoid creatures, verbally and physically torment him when in public or school. This pattern is broken up by a newcomer, a fox, who is willing to treat him with respect. You’re going to have to watch

the rest to find out what happens. *The Dam Keeper* really tugged at my heartstrings. As a victim of verbal bullying from grammar school students, as well as making one friend while at that school, I couldn’t help but get teary-eyed toward the end. It’s also so adorable. I love foxes and couldn’t get enough of one wearing a black turtleneck that draws sketches out of compressed charcoal. I hope this film wins everything.

## #2 - ‘Me and My Moulton’

I’m a sucker for autobiographical family humor. *Me and My Moulton* is a narration piece from Norwegian filmmaker Torill Kove that describes her unusual childhood due to her post modern architect parents and her jealousy of the family downstairs. The visual style of this film is rather minimalist and flat, with the people dot-eyed and symmetrical. This was

also easily the funniest out of all of the animated shorts. Not only does it include bombastic representations of Kove’s eccentric family, but it also includes imaginative sequences of hers that are hysterical in every way. It also portrays the unintentional embarrassment factor parents always have with their kids in the most complex yet humorous fashion.

## #3 - ‘Feast’

Some of you may have seen this short preceding Disney’s *Big Hero 6*. This short, the only one of which had a major Hollywood studio behind it, is from the point of view of a Boston Terrier that has two loves: his owner and, mostly, high-calorie foods. Every scene transitions between what the dog, Winston, eats while surprisingly not becoming overweight. Winston’s appetite, however, gets hindered when his owner’s new girlfriend changes his diet. *Feast*

was fun and cute, but its style and storyline was nothing real special. What I did enjoy was the accuracy of the dog’s behavior; its high energy and snorting when it ate was highly comparable to the pug I often dog-sit. This film followed with a short live Q&A session with the film’s director, Patrick Osborne. Fun fact: he made sure that the dog used in the film was a breed that wasn’t previously used in a Disney film.

## #4 - ‘The Bigger Picture’

This wasn’t so much entertaining as it was interesting. It acts as a rather typical drama between two quarreling British brothers caring for their dying, geriatric mother. What’s interesting about *The Bigger Picture* is the animation style; it’s a combination of stop-motion figurines and wall paintings that act as the people. Some of the scene’s transitions were vi-

sually fascinating but had no visible meaning behind them. One of the brothers, Richard, is vacuuming a room while his mother talks to a friend. With no provocation, everything in the room—the furniture, the people—is sucked into the vacuum cleaner, followed by the next scene. Perhaps there’s meaning behind it, but I didn’t see it; it did look cool, though.

## #5 - ‘A Single Life’

The shortest out of all the films at three minutes, *A Single Life*, literally “revolves” around a seven-inch record that suddenly takes control of an odd-looking woman. As the woman plays the record, she suddenly controls her own timeline; for example, when she puts the needle forward, she is suddenly pregnant. The design of the film

evokes a child-like plastic world of sorts, as our main character looks like a cross between a *Despicable Me* minion and Shnitzel from *Chowder*. It poked a few laughs, but the choice of the song’s genre as indie-folk pop as well as the outcome of the story didn’t rub off on me or the audience well.







# ‘Kingsman’: Delivers Frenetic February Fun

Continued from page 1



This scene can be viewed as the spine of *Kingsman: The Secret Service*, where the primary motive and desire of the film is to ignore the recent trend of serious spy thrillers and have a nice throwback to those aforementioned old school spy flicks.

In the hands of director and co-writer Matthew Vaughn (*Kick-Ass*, *X-Men: First Class*) this love letter to those old spy movies contains an energetic, almost childlike sense of fun that causes the film to move all over the place with no sense of restraint or control; this is the film’s greatest strength, as well as its greatest detriment.

The film focuses on Gary “Eggsy” Unwin (Taron Egerton), an intelligent but rebellious young man living with his mother, abusive stepfather and baby sister. His real father was a Kingsman who was killed on duty when Gary was a very young boy. The only link Gary has to his late father is a medal that Harry gave to the boy’s mother after his father’s death. The medal has a phone number on the back that will give Gary help whenever he needs it if he inputs a coded message. After getting arrested for vehicular theft, Gary calls the number, delivers the coded message, and soon finds himself embroiled into the world of the Kingsman agency. Gary, along with several other teens, enters training to become a new member of the Kingsman agency.

All the while, Internet billionaire Richmond Valentine is plotting to take over all of mankind with phones containing an SIM card that cause all humans who own one of his SIM-laced phones to become uncontrollably violent. As many of the world’s most famous people start to disappear and the Kingsman members themselves come under attack, Gary and fellow new recruit Roxy (Sophie Cookson) soon find themselves having to lead the fight against Valentine

in order to save the world.

Now, you’re probably thinking to yourself, “That sounds like the plot to one of those old James Bond movies.” The movie is fully aware of this and at several points, characters acknowledge the tropes and cliches of the plot they themselves are in. This can be funny at times, but it’s also the catalyst of my major issue with the film, which is the tone. *Kingsman* clearly loves the old-school James Bond movies, but it’s often unsure of whether or not it wants to satirize or pay homage to this genre.

The movie is jovial and goofy at points, but other scenes are played completely straight with some scenes getting very dark and heavy for what’s supposed to be a lighthearted throwback. It’s like an uneven blend of *Austin Powers* and the *Kill Bill* movies, where spoof-level comedy is awkwardly meshed with energetic and extremely gory violence. The pacing of the film is also problematic, with the movie moving at such a zippy pace that it never slows down to let any of the more serious moments of the movie have some real emotional weight to them. As a result, I never found myself really invested in any of the characters, which is a problem given that the movie wants you to be. In spite of these issues, a film as ebullient and bouncy as *Kingsman* can’t be kept down for the count.

Next to the film’s energetic spirit, the biggest strength of *Kingsman: The Secret Service* is its excellent cast. In his first major movie role, Taron Egerton shines as Gary, bringing a nice sense of charm, charisma and heart to the role that could’ve come off as manufactured in the hands of a lesser actor. Oscar winner Firth is perfectly cast as veteran Kingsman Harry, playing the role with such a perfect mix of charm and pathos that I honestly hope Firth takes on action movie roles. Jackson steals the movie with a deliberately hammy

and hilarious performance as a villain whose plan involves mass genocide, even though he himself is extremely squeamish.

The rest of the ensemble cast delivers solid work as well, with Michael Caine, Mark Strong and Cookson all being given plenty of time to shine. One actor, who’s not even billed or promoted in the marketing, owns every scene he’s in paying homage to one of his most iconic roles. Vaughn’s direction, as it was in his previous movies, is assured, slick and stylish. While many of the film’s action scenes are bombastic and over-the-top, they never feel cluttered or messy as they are coherently shot and smoothly edited. If you’re going to this movie to get some fun action, you’ll undoubtedly get your money’s worth. The movie also contains loads of clever wordplay and visual gags, particularly in one very funny sequence involving the front covers of a local newspaper. You’ll have to look in the background during this sequence, but it’s worth the extra attention if you do.

*Kingsman* is an imperfect cocktail of cartoony violence, satire, classic spy movie homage and genuine emotion that is shaken, not stirred into an enjoyable piece of popcorn entertainment. It dares to be completely chaotic and over-the-top, especially when so many modern spy movies aspire to be grounded and realistic. While it always doesn’t hit its target, the movie earns its license to kill through its exuberant and playful spirit.

Also, the fact that this is not based off of a major property adds to the movie’s risk-taking attitude that more mainstream movies need to have. Such an attitude makes *Kingsman: The Secret Service* worth the price of taking this bumpy roller coaster ride.



# ***The Montclarion***

"In America, the President reigns for four years,  
but Journalism governs forever." – Oscar Wilde

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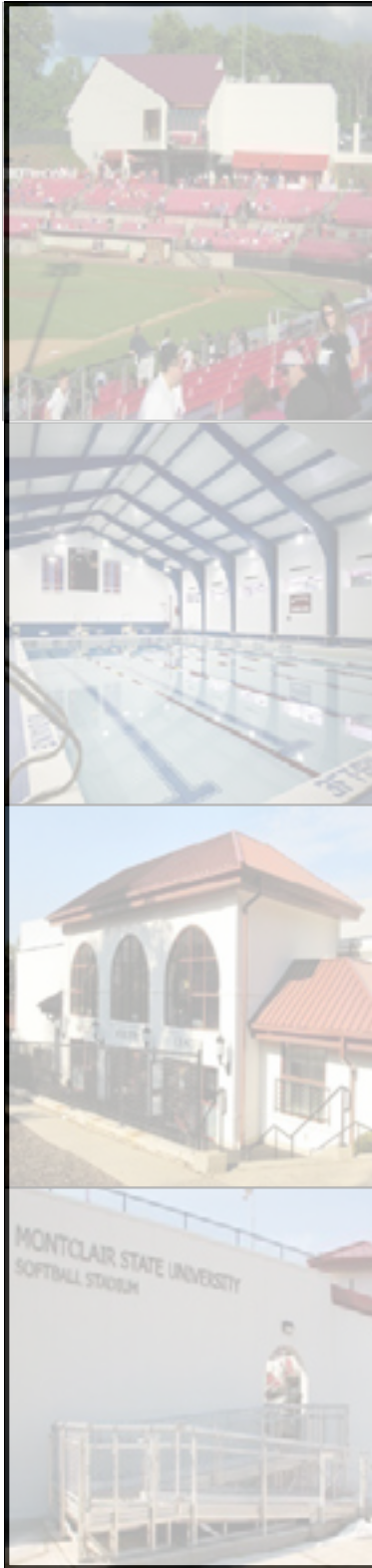
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# Red Hawk Round Up



## Swimming and Diving

The men’s and women’s teams will travel to Rutgers University in New Brunswick on Feb. 20 to compete in the Metropolitan Swimming and Diving Championship.

## Men’s Basketball

The men’s basketball team went 1-2 in the three games they competed in this past week. On Feb. 11, the Red Hawks were edged by NJAC rival Rowan in a 80-78 loss.

The team got back on track when they traveled to Hunter College in New York to defeat the Hawks 85-79 in an out-of-conference contest.

New Jersey City University handed the Red Hawks another NJAC loss by defeating them 83-58 on Feb. 14.

Jenna Bussiere  
Assistant Sports Editor



## Indoor Track and Field

The men’s and women’s track and field teams took part in the Molloy Lions Invitational at St. Anthony’s High School on Feb. 13. The men’s team took first and second in the 4x400 relay and the women’s team recorded nine spots in the top 10.

The Red Hawks return to competition on Feb. 20 where they will travel to the New Balance Track and Field Center for the Ramapo Roadrunner Tune-up Meet.

## Men’s Lacrosse

The men’s lacrosse team was scheduled to play their first game on Feb. 18, but it has been postponed due to weather conditions. Their first game will take place on Feb. 21 at Rensselaer Polytechnic Institute in Troy, N.Y.



# Professional Standings

EPL (England)	Serie A (Italy)	NHL	Bundesliga (Germany)	NBA
		Metropolitan		Eastern Conference
1. Chelsea - 59 points	1. Juventus - 54 points	1. N.Y. Islanders - 77 points	1. Bayern Munich - 52 points	1. Atlanta - 0 GB
2. Man. City - 52 points	2. AS Roma - 47 points	2. Pittsburgh - 73 points	2. Wolfsburg - 44 points	2. Toronto - 6.5 GB
3. Man. United - 47 points	3. Napoli - 42 points	3. N.Y. Rangers - 73 points	3. B. Moen. - 36 points	3. Chicago - 9GB
4. Southampton - 46 points	4. Fiorentina - 38 points	4. Washington - 72 points	4. Schalke - 34 points	4. Washington - 10 GB
5. Arsenal - 45 points	5. Lazio - 37 points	5. Philadelphia - 58 points	5. Augsburg - 34 points	5. Cleveland - 10.5 GB
6. Tottenham - 43 points	6. Sampdoria - 35 points	7. N.J. Devils - 53 points	6. Leverkusen - 32 points	6. Milwaukee - 12.5 GB
7. Liverpool - 42 points	7. Genoa - 35 points	6. Columbus - 53 points	7. Hoffenheim - 29 points	7. Miami - 20 GB
8. West Ham - 38 points	8. Palermo - 33 points	8. Carolina - 47 points	8. Werder Bremen - 29 points	8. Charlotte - 20 GB
9. Swansea - 34 points	9. Inter - 32 points		9. Eintracht - 28 points	9. Brooklyn - 21 GB
10. Stoke City - 33 points	10. Torino - 32 points	East Wild Card	10. Hannover - 25 points	10. Detroit - 21.5 GB
11. Newcastle Utd - 32 points	11. Milan - 30 points	1. Washington - 72 points	11. Koeln - 24 points	11. Boston - 22 GB
12. Everton - 27 points	12. Sassuolo - 29 points	2. Boston - 64 points	12. Paderborn - 23 points	12. Indiana - 22 GB
13. Crystal Palace - 27 points	13. Udinese - 28 points	3. Florida - 62 points	13. Hamburger SV - 23 points	13. Orlando - 27 GB
14. West Brom - 26 points	14. Empoli - 24 points	4. Philadelphia - 58 points	14. Mainz - 22 points	14. Philadelphia - 30.5 GB
-----	-----	5. Ottawa - 54 points		14. N.Y. Knicks - 32.5 GB
Round 26 - 2/21 - 2/22	Round 24 - 2/20 - 2/23	6. N.J. Devils - 53 points	Next Round	
		7. Columbus - 53 points	Round 22 - 2/20 - 2/22	
		7. Toronto - 51 points		
		9. Carolina - 47 points		
		10. Buffalo - 36 points		



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**THE WORLD  
WITHOUT  
NEWS  
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Photo courtesy of wikipedia.org.



# WHO'S HOT THIS WEEK



Photo courtesy of MSU Sports

**Janitza Aquinio**  
Women's Basketball

Aquinio became the fifth Red Hawk in MSU Women's Basketball history to record a triple-double. She tallied 14 points, 10 rebounds and 10 assists in a win in over Rowan in the NJAC Tournament.

## CURRENT STATS

- 369 POINTS ON SEASON
- 15.4 POINTS PER GAME
- 3.0 ASSISTS PER GAME



Photo courtesy of MSU Sports

**Shaun Russell**  
Men's Basketball

Russel shot for 49 points in the three games Montclair State competed in this past week. He recorded a 5.39 percent shooting percentage as well as contributing with five assists in the contests.

## CURRENT STATS

- 297 POINTS ON SEASON
- 12.6 POINTS PER GAME
- 5 REBOUNDS PER GAME

# UPCOMING GAMES

- Men's Swiming and Diving: 2/20 Metropolitan Conference Championship
- Women's Swiming and Diving: 2/20 Metropolitan Conference Championship
- Men's Track and Field: 2/20 Ramapo Roadrunner Tune-up
- Women's Track and Field: 2/20 Ramapo Roadrunner Tune-up

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# UFC Fight Night 60 Recap

Thomas Formoso  
Sports Editor

UFC Fight Night 60 continued as scheduled despite a plethora of injuries that frequently threatened the main event. In the end, Brandon Thatch and Benson Henderson got together in the Octagon. Henderson, the loser of two straight fights, dodged an early bullet and rebounded in the fourth to gain the submission win.

Despite the win, Henderson did not budge in the Lightweight rankings, likely because the fight was contested at Welterweight. With the Lightweight division jammed with contenders, this is just the start for Henderson to work his way back to a title fight. For Thatch, he lost to a top contender and his stock did not drop much. Thatch vs. Henderson won Fight of the Night.

For Henderson, it remains to be seen if he will fight in the Welterweight division again. After a quick turnaround between this fight and the last, Henderson may end up taking some time off to let the division fall where it may.



Henderson rebounded with a crucial win.

Photo courtesy of UFC

In the Co-Main Event, Max Holloway worked out a unanimous decision over Cole Miller in the Featherweight division. With the win, Holloway jumps three spots in the rankings and stands at tenth. Holloway will now look to fight a top-10 fighter to continue to climb the Featherweight rankings.

The two Performance

of the Night bonuses went to Neil Magny and Ray Borg. Borg submitted Chris Kelades in the opening fight of the Fox Sports 1 Main Card. Magny recorded a submission victory by way of a rear-naked choke against Kiichi Kunimoto.

## \*Note from the Editor

Next week's issue will feature a clean slate in the UFC Predictions. Contributing Writer Joe Lombardo will weigh in on his predictions for upcoming UFC events. Our results against each other will be posted.



## Closing in on the End

Mike Panepinto  
Staff Writer

There is no stopping MSU right now. The Red Hawks currently have a nine-game winning streak. The team is 23-1 overall and 16-1 in the New Jersey Athletic Conference. They are tied with Richard Stockton for first place in the league. Montclair State is ranked eighth and ninth in the D3Hoops.com and *USA Today* Coaches Polls, respectively.

MSU hosted the Rowan University Professors at the Panzer Athletic Center on Wednesday, Feb. 11. The Red Hawks were up by 21 at the half and won 74-59. Senior forward Melissa Tobie led all scorers with 20 points. Senior guard Janitza Aquino accomplished a rare finishing with a triple-double. This is the fifth time a triple-double has been recorded



The Red Hawks clinched a first-round bye in the NJAC tournament.

Photo courtesy of MSU Sports

in Montclair State's women's basketball history. Aquino finished with 14 points, 10 rebounds and 10 assists. All 14 of Aquino's points came in the

first half. Freshman guard Kate Tobie chipped in with 10 points.

The last MSU women's basketball athlete to have a triple-double was Wykemia

Kelley on Feb. 7, 1998 vs. Kean University. The Red Hawks converted 24 turnovers into 32 points. This was Montclair State's seventh straight victory against Rowan.

MSU welcomed New Jersey City University to Panzer on Saturday, Feb. 14 on Senior Day. The Red Hawks routed the Gothic Knights by a score of 80-44. Melissa Tobie paced Montclair State with 17 points and 15 rebounds. Aquino was not too far behind her, dropping 14 points. Kate Tobie and sophomore guard Zoe Curtis each added 10 points apiece.

MSU outscored NJCU 44-20 in the paint. The Red Hawks finished 19-21 from the free throw line. Montclair State's defense came up big and held the Gothic Knights to 1-17 shooting from three-point range. MSU started the contest on a 23-4 run.

On Wednesday, Feb. 18,

Montclair State will travel to Pomona to face off against the Richard Stockton Ospreys at 6 p.m. Whoever wins the match will be crowned the NJAC Regular Season Champion. MSU's only loss this season was at home against the Ospreys on Jan. 14. The Red Hawks made a furious rally near the end of the game but ultimately fell 61-60. The loss snapped Montclair's 42-game home winning streak.

The first day of NJAC Tournament play begins on Saturday, February 21. MSU will finish as the #1 or #2 seed; they automatically have a bye into the semifinals. "At this point, we will probably use the bye to practice and the coaches will use the day to get out and scout other teams in the region," said head coach Karin Harvey.

## Two Birds In One Nest

Mark Thigpen  
Contributing Writer

Imagine being a parent with twin boys. That's twice the mess, but Ryan and Matt Long made it a little easier on their parents by choosing the same school to attend and sport to play.

Both Longs attend Montclair State University, where they play for the baseball team. The Long brothers are both sophomores and live together on campus. Ryan plays outfield for the Red Hawks while Matt is a second baseman. The two started playing together when they were five years old and never looked back. They explained how they played all different sports throughout their childhood, yet baseball just stood out to them. "We thought we'd play [baseball] in college, so that's what we gravitated towards," said Ryan.

From a young age, the boys knew they wanted to play together on a bigger stage. They helped each other and fed on each other's positives and negatives to push them to get to where they are now. Matt explained that if Ryan had a good game, it would make him want to do better. "We are always there for each other," claimed Matt. Ryan added, "During the

games, I'll focus on everyone's at bats, but I'll focus more on my brothers at bat, hoping he does well and feed on that energy." The twins have a special chemistry that you can only get from being brothers and playing together for so long.

Matt and Ryan had decisions to make during their high school careers. Would going to different schools be the end of the Long brother connection on the baseball diamond?

Being brothers, the boys always played on the same team in Washington Township. If they were to split up, it would be the first time the Long parents would have to decide on which kid's game to attend. "Our parents told us to look at other colleges, but in the end we just felt like playing with each other," said Ryan, who scored a team-leading 33 runs last season. "I think they wanted us to be on the same team and go

to the same college, but I think they really are happy that we picked Montclair State and how we're doing and they really enjoy us being on the same team and getting to come up and watch us play together."

The Long brothers feel that this experience is something memorable. It's not like best friends living together in college; it's two brothers, twin brothers, spending time together on and off the field every day. Matt mentioned that it was something special to still be playing baseball at this level with his brother. Ryan added, "It's the coolest experience to live and play with your brother."

Making their parents' life easier, Ryan and Matt now get to play together on the same baseball diamond for another four years, four more years that they won't forget.



The baseball team will begin their season on Feb. 27

Photo courtesy of MSU Sports

## Twin Cities to Big Apple

Sam Romano  
Staff Writer

The Montclair State baseball team's newest outfielder, Kyle Banyard, sports his MSU baseball jacket and Minnesota Twins cap around the school's windy campus getting ready for baseball season. He was born in the Bronx and grew up a Yankee fan, so why is he wearing a Twins hat?

"They know me as 'Minnesota' here," Banyard said with a chuckle.

Banyard moved to Minnesota when he was 10 years old and always had his heart set on coming back. Banyard transferred from Dakota County Technical College in Rosemount, Minn. this past fall. So how did he end up 1,000 miles away in northern New Jersey? His junior college coach grew up with the baseball coach at MSU.

"I researched it and I just loved it," Banyard said. "I love the campus."

Although he received a warm welcome from the team, Banyard admitted that, at first, he was nervous he might be taking someone's spot; someone who may have been on the team for three years.

With family still in the Bronx and teammates who take him home for a home-cooked meal on occasion, Banyard said it's been a smooth transition.

In September, he was able

to watch Derek Jeter's last game with other Yankee fans. It was a change for Banyard, who had grown up surrounded by either people who didn't care about baseball, being in a hockey area or Minnesota Twins fans who, according to Banyard, hate all New York teams.

Banyard started playing baseball when he was four years old. Although his dad always pushed him towards baseball, his parents never forced it on him. It was always his choice, he said.

"Baseball has taught me a lot about life; about dealing with the ups and downs, being stressed out," Banyard said.

In the future, Banyard sees himself having a job and a career in marketing. The chances of making the MLB are so slim, he said, that you shouldn't hope for it.

MSU's season begins Feb. 27 with a tournament in Newport, Va. followed by the Snowbird Classic in Port Charlotte, Fla. The team's first home game is March 20 against The College of Staten Island.

As excited as Banyard is for the season, his favorite thing about Montclair isn't baseball.

"I love seeing the skyline in the morning walking to class," he said. "Going from seeing farms at my junior college to seeing the skyline is nice."

## Jackie Robinson West Loses Little League Title

Jenna Bussiere  
Assistant Sports Editor

This past summer gave Little League Baseball boundary breaking hope for the future. In a nation where the MLB is currently at its lowest percentage of African American players, with only 8.3 percent of the race present in the league, the urge to engage young black athletes in the sport is more important than ever. In the 2014 Little League World Series, it appeared as if this issue was finding a resolution.

Jackie Robinson West, a Little League team from the inner city of Chicago, became the first ever all-black Little League team to win the national title. They were honored with parades, parties and a trip to the White House to meet President Obama. The team provided

much-needed hope that baseball is still alive for a race of which is quickly diminishing in the pros. The players promoted inclusion for inner city kids to a sport that is readily available in urban areas. What they accomplished stemmed much further from taking a field and winning a sporting event.

However, the widespread successes of Jackie Robinson West spiraled downhill last Wednesday when the team was exposed for using falsified documents. The documents spread the residential boundaries in which they were allowed to roster players from, concluding that some of the players active for the 2014 World Series were ineligible.

This has raised many questions and concerns. According to several critics and

media outlets, the blame should be placed solely on the parents. Many arguments suggest that at the ages of 11 and 12, the kids on Jackie Robinson West had no idea that were doing anything wrong since their parents and coaches are the ones in control of team management. They just wanted to take the field and play ball.

So is a punishment that strips kids from a national title the correct consequence? The team did break rules and use false documents, but should the players be punished for what many believe to be the over-competitiveness of adults? As stated in a *New York Times* article by Jere Longman, the president and chief executive of Little League International, Stephen D. Keener, stated that although the decision is heart-

breaking, it is more important to promote fair play than winning.

"It is unfortunate that the actions of adults have led to this outcome," Kenner stated in the article. "No one should cast any blame, any aspersions, on the children who participated on this team." Although this has created much controversy and sympathy, it seems like the decision stands.

The Jackie Robinson West controversy also raises the concern of African American presence in baseball and whether this incident will create an even bigger decline in the engagement of black kids with the sport. A summer that saw inspiration for the race to become more involved in the game is now overridden by the removal of minority play-

ers to their hard-fought title. The Chicago-based Reverend Michael Pfleger was recording saying in a *Forbes* article that he "can't help but question whether the same thing would have been done with another team from another place and another race."

Whether ethnicity is a factor or over-competitive parents are to blame, Jackie Robinson West will be remembered as an influential all black urban team fighting for recognition in a highly suburban dominated sport. They have inspired and impacted many and will hopefully continue to do so whether or not their name is placed in an official record book.

